

AUGUST 2022

MISSION VIEJO NADADORES

Thank you

As we wrap up our season-ending championship events, I want to send a shout out and hearty “thank you” to the entire Nadadores coaching staff.

Coaching is a profession with a cornerstone laid in a passion to work with children. It is a response to a calling.

Our coaches don’t just coach sports

- They coach people
- They coach choices
- They coach consequences – successes and failures
- They coach respect and humility
- They coach life – in and out of the water

So many parents have told me that it is a coach who has the most influence on their child’s life.

In Mission Viejo we are fortunate to have such a terrific and dedicated staff. So, the next time you have a moment to thank your child’s coach, take the opportunity to do so. It means the world to someone who goes to work each day out of love and not for a paycheck.

Warm Regards,
Michele Mitchell, Ph.D.
Executive Director
Mission Viejo Nadadores

USA Diving Junior National Championships



Congratulations to Mission Viejo Nadadores National Team divers (and their coaches) for a fantastic showing at the USA Diving Junior National Championships in Midland, TX.

GIRLS 12-13

- Callie Fox - 1st place**
- Zoe Quigley - 4th place**
- Memphis Watts - 11th place**

See page 11 for additional results and details!

Nadadores News and Local Events

Dive-In Movie and Prize Distribution for Midnight Madness WINNERS!

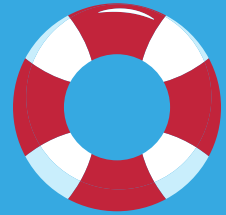


Friday, August 19

(PG movie for ages 12 and under)

Saturday, August 20

(PG-13 movie for ages 13 and over)



Any Dive-In Movie earner is invited to either date, but please be advised that movies will be geared toward the suggested age.

Movie night includes dinner, dessert and pool noodles!

Highest earning VIP groups: Look for Mrs. Kelly for the chance to vote for the movie.

Prizes handed out on the evening of the Dive-In Movie!

WINNERS - PLEASE CLICK [HERE](#) TO RSVP (BY AUG. 7)

**IF YOU SEE
SOMETHING,
SAY SOMETHING.**

**PLEASE SPEAK WITH YOUR
CHILD ABOUT RESPECTING
THE MAC FACILITY,
ESPECIALLY THE
LOCKER ROOMS**

While forgetting to throw away a bottle is one thing, lately, we've had many vandalism problems in the locker rooms, especially the boys. Spit balls on the ceilings, paper towels loaded into toilets which plug them and require an expensive clearing, broken doors, yanked out hooks, etc.

It is a privilege to train at this facility and this type of behavior is not a part of our Nadadores culture. Anyone caught damaging the facility will be held accountable and responsible.

Nadadores News and Local Events

Summer Camp



It's not too late to register your child for session 2 of Nadadores Summer Camp!

August 8-11 (Mon-Thurs)
9:00 AM - 3:00 PM
\$395 PER SESSION

- Swim, Dive, Crafts, Games, and all kinds of FUN!
- Snacks provided
- Kids must be water safe
- Ages 6+
- Instructor to camper ratio - 1:5

Register online [HERE!](#)

City of Mission Viejo Annual Symphony in the Cities and Prelude in the Park



SATURDAY, AUGUST 13

Prelude: 4:00-7:00 PM

Symphony: 7:00-8:30 PM

Village Green at Oso Viejo Park

With a theme of “Extreme Summer Fun,” the City of Mission Viejo annual Symphony in the Cities and Prelude in the Park features Pacific Symphony orchestra and renowned Music Director Carl St.Clair. The free event includes food trucks, live entertainment and fun for the whole family!



Nadadores News and Local Events



NADADORES FALL KICKOFF PICNIC



SATURDAY, SEPTEMBER 17

1:00 - 4:00 PM

MARGUERITE AQUATICS COMPLEX

For Swimming, Diving and Masters members & their families
Look for an email from your division for details!
RSVPs are required by September 10

swimoffice@mvnswim.org / office@mvndive.com

Look for an email from your division for more details on the Fall Kickoff Picnic!

SAVE
THE
DATE



Get your tickets for our Family Baseball Night **HERE!**

NADADORES
FAMILY BASEBALL NIGHT!
LA ANGELS VS TEXAS RANGERS

SATURDAY, OCTOBER 1, 2022

| GROUP PHOTO | GAME | TICKETS |
|-------------|---------|---------|
| 5:15 PM | 6:07 PM | \$ 21 |

Join the Nadadores Family for a team baseball outing at Angels Stadium. Wear a **GOLD** Nadadores shirt to show your team pride and meet us under the Big A (in front of the stadium) for a **GROUP PHOTO** at 5:15. Don't miss out - purchase tickets early! MISSIONVIEJONADADORES.ORG/EVENTS

Upcoming Competitive Events

SWIM

Speedo Junior Nationals
August 1-5
Woollett Aquatics Center, Irvine
Declare by July 24

Nadadores Blue vs. Gold
Pentathlon
(and Fall Kickoff Picnic)
September 17
MAC

Mission Mile
September 25
Lake Mission Viejo

Fall season schedule
coming in September



DIVE

Junior Nationals
July 25-August 2
Midland, TX
Qualified Divers from Zone E/F

US Open
August 4-7
Midland, TX
Eligible Senior Divers

Nadadores Blue vs. Gold
Pentathlon
(and Fall Kickoff Picnic)
September 17
MAC

Maintenance Pool Closure
August 22-September 23
All Programming

MASTERS DIVE

Summer National Championships
August 11-14
Novato, CA
Novice and Regular Masters
competitive events
for all ages 21+

MASTERS SWIM

2022 Summer National
Championships
August 3-7
Richmond, Virginia
Nadador John Campbell (70-74)
will attend

SPMS & SW Zone Summer
Championships at MAC
August 12-14

Nadadores Blue vs. Gold
Pentathlon
(and Fall Kickoff Picnic)
September 17
MAC

Nadadores Masters
at Lake Mission Viejo
1 & 2 Mile Swim
September 25

Nadadores Masters
Short Course Meet at MAC
Sunday, October 2

"WEAR THE COLORS" FRIDAYS!

Where will you wear your Nadadores colors? ALL GROUPS (swim, dive and masters) are encouraged to wear a TEAM suit and TEAM gear to practice every Friday. Start at the pool and continue sporting your colors anywhere you find yourself... even Machu Picchu!

Photo: Robert Mitchell, Jr. Teams coach and Masters swimmer along with Diana LaMar, Masters swimmer and official. Robert and Diana are wearing their Nadadores gear at the Sun Gate entrance to Machu Picchu, at the end of the 43 kilometer Inka Trail.





SWIM

BREAKING NEWS



Congratulations to Nadadores Age Group Coaches Jacinta Beckman and Bryan Dedeaux who were named in the Top 50 Age Group Coaches of the Year for 2022 by Fitter & Faster and The American Swimming Coaches Association (ASCA).

The Top 50 coaches were selected based on USA Swimming's National Rankings data for 12 and under swimmers. Coaches received bonus points for number of #1 rankings, for number of different swimmers ranked, and for number of total rankings.

Way to go Coach Jacinta and Coach Bryan!

2022 USA SWIMMING SUMMER NATIONALS

Six 18U swimmers competed at the Summer Nationals in Irvine! We have an 18U national champion, and all 6 swimmers reached finals (27 total finals swims between our Pro Team and 18U group!)

18 AND UNDER NATIONAL CHAMPION

Justina Kozan - 400 IM

Justina Kozan - 200 IM

A FINALS

Justina Kozan - 200 IM, 4th

B FINALS

Justina Kozan - 400 IM, 10th

Justina Kozan - 200 Fly, 11th

C FINALS

Justina Kozan - 200 Free, 17th

Abby O'Sullivan - 200 Fly, 20th

Abby O'Sullivan - 800 Free, 23rd



D FINALS

Abby O'Sullivan - 400 IM, 25th

Katie Crom - 100 Fly, 25th

Asia Kozan - 400 IM, 26th

Teia Salvino - 50 Free, 26th

Katie Crom - 100 Free, 26th

Noah Sech - 400 IM, 26th

Teia Salvino - 100 Back, 27th

Noah Sech - 100 Breast, 27th

Katie Crom - 200 Free, 27th

Noah Sech - 200 Breast, 28th

Abby O'Sullivan - 200 IM, 29th

Asia Kozan - 200 IM, 30th

Teia Salvino - 100 Free, 31st

Asia Kozan - 200 Fly, 31st



SWIM

SCS Summer Junior Olympics held at MAC

The Age Group Division finished the 2022 summer season with some great swims at JOs!

TEAM HIGHLIGHTS

13-14 Girls Division – **High Point Winner**
13-14 High Point Winner – **Gracyn Aquino**
13-14 Boys 1500: 1st, 2nd and 3rd finish:
Luke Collins (1st), DJ Stupak (2nd), Evan Quan (3rd)

11-12 Girls 400 Free: 1st and 2nd finish:
Julia Billotte (1st), Kamryn McCleave (2nd)

New Team Record
Boys, 13-14 400 Medley
**Aiden Yeo, Nolan Weijland, Nolan Baker,
and Darren Nguyen**



JO CHAMPIONS

INDIVIDUALS

10-under Division

- Amy Robles
- Taylor Jones

11-12 Division

- Kamryn McCleave
- Julia Billotte

13-14 Division

- Gracyn Aquino
- Emese Szekely
- Sophia Gray
- Nolan Baker

Senior Division

- Zach Billotte

13-14 Girls

**800 Free Relay, 200 & 400 Medley,
200 & 400 Free Relay**

- Gracyn Aquino
- Emese Szekely
- Vivian Taylor
- Katie Brown
- Sophia Gray
- Allyson Choi

15-18 Girls

- Halia Fleming
- Lexi Alexen
- Leah Healy
- Lena Li

RELAYS

15-18 Boys

200 & 400 Free Relay

- Brody Ballinger
- Ben Gallegos
- Jack Samuels
- Grant Mundl





SWIM

STROKE DEVELOPMENT CLINICS

Do you want to improve your stroke?
Our 3-hour clinics will take you
to the wall faster!

September and October
dates are now open.



Register
HERE today!

USA SWIMMING SCHOLASTIC ALL-AMERICAN



Nadador Freshman
Gracyn Aquino
has been accepted
to the USA Swimming
2021-2022 Scholastic
All-America Team.

*Congratulations
Gracyn!*

2022 USA SWIMMING FUTURES CHAMPIONSHIPS

Santa Clara, California

highlights



Nicole Christensen
7th place - 200 IM



Sophia Gray
7th - 200 Fly



Maddie Phillips
7th - 100 Breast



Abby Miller
8th - 800 Free &
1500 Free



Coach's Corner: Swim Coach Wade



Assistant Age Group Coach Wade Nelson

Coach Wade grew up in Southern California and started swimming at the age of 6 years old. As a swimmer, he competed at all levels of the sport from Junior Olympics all the way up to the 2016 Olympic Trials. In high school, he swam for Golden West Swim Club before he went on to swim in college at the University of Wyoming. Coach Wade swam all four years of college and graduated with a B.S. degree in physiology.

I have been with MVN since February 2020.

The people who have had the most influence in my life are my parents.

My family is ... pretty cool!

In my free time, I like to surf, work out, and watch movies.

My favorite movie is *The Pursuit of Happyness*.

My favorite treat is ice cream.

I love Rock and Indie music.

The best vacation I ever took was to Hawaii.

The last book I read was *When Breath Becomes Air* by Paul Kalanithi.

My first job was a Lifeguard.

The places I have lived are California, Washington, and Wyoming.

My favorite hobby is surfing.

When I was little, I wanted to be an NBA Player when I grew up.

My favorite childhood memory is going on road trips with my brothers.

My favorite event of my adulthood has been hiking in Alaska.

The cartoon/movie/television character that best represents me is: Black Panther.

If I could have a room full of one thing, it would be chocolate.

If I won the mega-jackpot lottery, I would travel the world.

The best advice I could give anyone would be "Help others and always be grateful."

If I knew I could try anything and not fail, I would learn to fly.

I am proud of myself for keeping my house plants alive!





360° PERFORMANCE CENTER

2022 USA SWIMMING SUMMER NATIONALS

6 months since its creation, the 360° Performance Center qualified 5 Nadador swimmers to the July Nationals. Those athletes posted a 4th place men's team finish, a national champion, and 3 swimmers reached finals. The future looks bright!

Men's Team: 4th place

National Champion: Justin Ress, 100 Back

A Finals: Justin Ress, 100 Back - 1st; Justin Ress, 50 Free - 2nd; Trenton Julian, 100 Fly - 6th; Justin Ress, 100 Free - 8th

B Finals: Trenton Julian, 200 Fly - 9th; Trenton Julian, 200 Free - 14th

C Finals: Taylor McCoy, 200 Back - 23rd



Justin Ress
Photo: Mike Lewis



Trenton Julian
Photo: Jack Spitzer

2022 Mediterranean Games



Viktoria Gunes competed in the 2022 Mediterranean Games in Oran, Algeria, on behalf of Turkey. Viktoria brought home a gold (200 Breast), Silver (200 IM), and 2 Bronze (100 Breast / 400 Medley Relay) medals.

This was Viktoria's first time winning at this competition.

CONGRATULATIONS

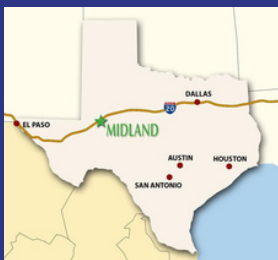
Duel in the Pool

Three Nadadores have been selected to participate in USA Swimming v. Swimming Australia. Pros Justin Ress and Trenton Julian will both represent the U.S. in the duel and stay afterwards to compete in the short course meters Australian Nationals. Inbound college freshman, Justina Kozan, will also be representing the U.S. at the duel in the pool. This competition first launched in 2003 and this will be the first version held since 2015.



DIVE

2022 JR. NATIONAL CHAMPIONSHIPS AND THE 2022 US OPEN



Midland, Texas played host to the 2022 Jr. National Championships and the 2022 US Open.

The Nadadores are one of the largest teams (27) in the championships and results are listed below.

The US Open competition will see 10 Nadadores competing later this week!

HIGHLIGHTS FROM JR. NATIONALS

12/13 GIRLS PLATFORM

- Calle Fox - 1st
- Zoe Quigley - 4th
- Memphis Watts - 11th

12/13 GIRLS 3 METER

- Zoe Quigley - 4th
- Calle Fox - 5th

12/13 GIRLS 1 METER

- Zoe Quigley - 4th
- Memphis Watts - 11th

16/18 GIRLS 1 METER

- Taylor Fox - 8th
- Avery Giese - 11th

16/18 BOYS 1 METER

- Zack Welsh - 5th

16/18 GIRLS PLATFORM

- Taylor Fox - 8th

16/18 BOYS 1 METER

- Jake Welsh - 6th

16/18 GIRLS 3 METER

- Taylor Fox - 6th

16/18 BOYS PLATFORM

- Jake Welsh - 4th
- Nolan Rooker - 12th



OUT OF 53 TEAMS, MISSION VIEJO PLACED 8TH OVERALL!



SWIM SCHOOL

As the summer is quickly coming to a close, our Summer League program is wrapping up their season. The Summer League championship meet is Saturday, August 6th swimming with our Junior Team members!



Las Flores swimmers practicing backstroke by keeping a penny on their forehead!



A sunny morning practice at the RSM location



Lake Forest swimmers ready to swim in their team caps



Canyon Crest swimmers earning some sweet treats after practice



Dove Canyon Swimmer of the Week, Brady!

A heartfelt thank you and best wishes as we say farewell to our Jr. Teams' coach, Nicki Lucas. We will miss you and wish you the best in your next adventure!



Did you know the Nadadores Swim School has swim lessons for adults who are uncomfortable in water? Call (949) 380-2550 or email swimschool@mvnswim.org to make a private lesson appointment.



MASTERS

Team Results from the 2022 Patrick More Memorial Relay Meet



Thank you to all the swimmers, and volunteers who make this such a fun meet. **11 Team Relay Records and 2 Individual Records were Broken!**

My daughter, Katie, and I would like to thank all who made donations to the Patrick Moore Memorial Swimming Scholarship Fund at Saddleback College.

Coach Mark Moore



TEAM RECORD!

Women 280-319 400 Medley Relay 7:17.89
Bev Montrella W76, Jeanne Mc Cleave W68,
Diana Dolan LaMar W65, Jan Levinrad W75

INDIVIDUAL RECORDS BROKEN

Van Cochran (70-74) **Jeanne Little (85-89)**
100 Free – 1:17.43 50 Free – 53.40

Men 100-119 400 Medley Relay 4:35.29
Timothy Mahar M39, Ramy Bishay M21,
Camron Simmons, David Pearson M22

Mixed 280-319 800 Freestyle Relay 12:22.99
Bev Montrella W76, Gwen Uthus W68, Robert Mitchell M64,
Van Cochran M72

Mixed 72-99 800 Freestyle Relay 11:30.35
Alex Bae W27, Cole Sherburne M23, Madison Choi W24,
Camron Simmons M18

Mixed 280-319 200 Medley Relay 2:52.22
Jeanne Mc Cleave W68, John Campbell M75,
Mark Longworth M71, Bev Montrella W76

Women 280-319 400 Freestyle Relay 6:02.37
Bev Montrella W76, Jan Levinrad W75, Gwen Uthus W68,
Diana Dolan LaMar W65

Men 280-319 400 Freestyle Relay 5:33.88
Van Cochran M72, John Campbell M75, Mark Longworth
M71, Robert Mitchell M64

***Continued on next page**



MASTERS

Men 72-99 400 Freestyle Relay 4:07.24

David Pearson M22, Camron Simmons M18,
Ramy Bishay M21, Oscar Lopez M23

Mixed 72-99 400 Freestyle Relay 5:06.69

Natalie Westfall W19, Madison Choi W24,
Oscar Lopez M23, David Pearson M22

Men 280-319 200 Medley Relay 2:46.95

Steve Wigely M73, John Campbell M75,
Mark Longworth M71, Van Cochran M72

Men 100-119 800 Freestyle Relay 9:53.41

Timothy Mahar M39, Oscar Lopez M23,
David Pearson M22, Ramy Bishay M21



Way to go Nadadores!



TALK ABOUT A FAMILY AFFAIR!

The Mitchell family brought 4 generations of swimmers to the Patrick Moore Memorial Relay Meet and participated in 2 family relays.

Tom Mitchell, age 89
Father of Robert, Jeff and Steven

Robert Mitchell, age 64
MVN Jr. Teams Coach and MVN Masters swimmer

Jeff Mitchell, age 61
Steven Mitchell, age 59

Kevin Mitchell, age 32
Son of Robert

Kellen Mitchell age 1
Son of Kevin, grandson of Robert, great-grandson of Tom

FAMILY RELAYS:

Tom, Robert, Kevin and Kellen (assisted by Kevin)

Tom, Robert, Jeff and Steven



Two Nadadores Masters swimmers made us proud at the Pan American Masters Championships, Medellin, Colombia!

ROBERT MITCHELL

800 free 2nd
400 IM 3rd
200 free 8th
200 back 6th
50 breast 18th

DIANA DOLAN LAMAR

800 free 1st
400 IM 3rd
200 free 1st
200 back 1st
100 free 1st





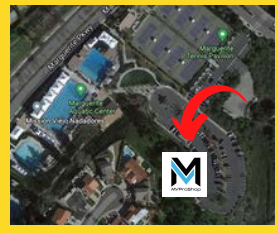
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- Myofascial Release
- Sports Injury Rehab
- Electrical Stimulation
- Muscle Scraping
- Sports Taping



949-272-8313



MVN Team Gear

available at the MVProShop

Meets are just around the corner so get your team suits/parkas and gear now. Order AHEAD so there's no rush before a competition!

HOURS

Mon/Wed/Thu: 10am-12pm, 4pm-6pm

Sat: 9am-12pm

By Appointment

CustomerService@mvproshop.com

949-533-7155

Temporary location: lower parking lot (dirt lot near Casta Del Sol entrance), across from tennis courts



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